

Group Exercise Programme

De Stafford Sports Centre

Accurate as of 18/05/2024

Times for Monday 22 April



| Time | Session | Facility | Level |
|---------------------|-------------------|---------------------|-------|
| 8:00 am - 9:00 am | Paracise | Studio | |
| 9:00 am - 9:45 am | Aqua Aerobics | Indoor Pool (25.0m) | |
| 9:00 am - 10:00 am | PiYo | Studio | |
| 9:30 am - 10:30 am | HIIT | Studio | |
| 10:00 am - 11:00 am | Wellbeing Workout | Studio | |
| 11:00 am - 12:00 pm | Zumba | Studio | |
| 1:00 pm - 2:00 pm | Fitness Pilates | Studio | |
| 5:15 pm - 6:15 pm | HIIT | Studio | |
| 6:30 pm - 7:30 pm | Body Pump | Studio | |
| 7:30 pm - 8:30 pm | Dance Aerobics | Studio | |
| 7:30 pm - 8:30 pm | Pilates | Studio | |